UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratory 2

2223-3-E3901N058

Learning objectives

- body awareness and non-verbal expressive and communicative skills

- Knowledge of body-mind techniques for social work (Awareness and relaxation techniques, Mindfulness, DanceMovementTherapy, Art therapy, Body expression)

- non-verbal observation for relation processes

- reflexive and emotions skills

- group work skills

Contents

body-mind language

Body and oneself image schema

Movement and self-awareness, Mindfulness

The relationship with the materials, the objects and with other people

The perception of time and space in social work

Laboratories with art therapies and awareness techniques, Mindfulness, writing, insght dialogo

Detailed program

The workshop, through practical experiences and theoretical moments, leads the students to reflect on the importance of non-verbal communication, important for social work. We will teach art therapies, relaxation and mindfulness techniques in order to expand the body awareness and non-verbal expressive possibilities. The aim of the laboratory is to increase one's reflexive and non-verbal language skills.

Prerequisites

Sufficient educational skills in logic, social culture and reasonable capacities in learning, writing and communication.

Teaching methods

Workshop with theoretical and methodological moments starting from the experiences.

Assessment methods

Participation is a means an assesment method. Exercises in small groups, such as role-playing, work on himself, papers, etc.

Textbooks and Reading Materials

They will be given during the meetings.

To get to know:

Kabat - Zinn J. books

Fazzi, L. (2015), “Servizio Sociale Riflessivo. Metodi e tecniche per gli assistenti sociali”, Franco Angeli, Milano

Fossati E. (2012) ASCOLTO! Dunque sono. Corpo e movimento per una crescita fisica psichica e spirituale. ilmiolibro.it

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | REDUCED INEQUALITIES | PEACE, JUSTICE AND STRONG INSTITUTIONS